

Junior Lifeguard & Nippers Program 2011

Cabrillo Bathhouse @ East Beach



Jr. Lifeguard Program

Ages 9-17

7-week program: June 2-August 5
Mon-Fri, 10:30-2pm
\$385/\$350

Enjoy a world-famous, nationally-affiliated and disciplined training program of swimming, running, competition, and education. This very popular program includes strenuous daily workouts, water safety, first aid, surf lifesaving, marine education, lifeguard competitions and more. Physical fitness and development are balanced with self-esteem, camaraderie and fun.

Jr. Lifeguard Nippers Program

Ages 7-13

Two 2-week programs: June 6-17 or
August 8-19 • Mon-Fri, 10:30am-2pm
\$165/\$150

If you can't commit to 7 weeks of Jr. Guards or just want to get your child's feet wet, this two-week experience is for you! This program provides many of the same components of the longer Jr. Guard program including swimming, running, paddle-boarding, marine and beach education; however, all activities are modified based on the lower swim and age requirements.

Please see back for more JG information

Jr. Lifeguard Registration begins Monday, April 11
(No dedicated Jr. Guard Registration Day)

Registration in person at the Cabrillo Bathhouse,

1118 E. Cabrillo Blvd/Oceanside

or online at www.sbparksandrecreation.com

Info: 897-2680



www.sbparksandrecreation.com/summerfun 966-6110



Jr. Lifeguard Swim Lessons

**April 18-June 2 • Saturdays, 2-2:45pm and
Mon/Wed or Tues/Thu, 7:15-8:15pm
Los Baños Pool, 401 Shoreline Dr.
\$59/\$54**

Swim instruction is designed to prepare your child to pass the Jr. Lifeguard or Nippers swim test to participate in Jr. Lifeguards—or just shake off that winter rust. Saturday lessons are split into endurance swimming and stroke efficiency groups; weekday evenings are set aside for practice.

Jr. Lifeguard & Nippers Swim Test Requirements

**Saturday, May 14, 2pm
Los Baños Pool, 401 Shoreline Dr**

NEW participants must complete a three-part, non-competitive pool test and an untimed ocean swim on the first day of the program with a satisfactory swim stroke to ensure participants are comfortable swimming in the ocean.

Jr. Lifeguard Program:

- 100-meter swim in 2:20 or less
- 4 minutes of treading water
- 15-yard underwater swim

Nippers Program:

- 50-meter swim in 1:15 or less
- 4 minutes of treading water
- 15-yard underwater swim

* Make-up swim tests will be scheduled during the last week of the Jr. Lifeguard swim lesson program, or will be based on satisfactorily completing the untimed ocean swim on the first day of the program.

**Complete information at
www.sbarksandrecreation.com/summerfun
after March 22.**

Additional Program Requirements

Each participant is required to wear a uniform daily. The City will provide one Jr. Lifeguard long-sleeved T-shirt. Girls provide a red, athletic bathing suit and red lifeguard shorts. Boys provide red lifeguard shorts (minimum one-inch above the knee). Extra T-shirts, hats and sweatshirts are available by special order before the program begins.

A Welcome Packet is available for pick-up at the Cabrillo Bathhouse after April 11. The packet includes a welcome letter, daily schedules, important dates, program information, and attire requirements (including suggested local vendor information).

Questions or Concerns?

Contact Rich Hanna, Sr. Recreation Supervisor
897-2680 or rhanna@SantaBarbaraCa.gov



Jr. Guard photos by Rick Vaill